

# April

**Gilda's Club Minnesota**

*A community where people impacted by cancer gather, connect, and learn.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30 - 10:30am <b>Gentle Yoga (V)</b></p>	<p>2</p>	<p>3</p> <p>12:30 - 1:45pm <b>Improv for Life™ (V)</b></p>	<p>4</p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>                      6:30 - 8:00pm <b>Art Therapy: Doodle Gallery (H)</b></p>	<p>5</p> <p>9:00 - 10:00am <b>Coffee Talk (V)</b>                      10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b></p>
<p>8</p> <p>9:30 - 10:30am <b>Gentle Yoga (V)</b>                      6:30 - 8:00pm <b>Brain Tumor Support Group (H)</b></p>	<p>9</p> <p>7:00 - 8:30pm <b>MN FORCE (V)</b></p>	<p>10</p> <p>12:30 - 1:45pm <b>Improv for Life™ (V)</b>                      6:00 - 7:30pm <b>Newly Diagnosed Social Support (V)</b></p>	<p>11</p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>                      4:00 - 5:00pm <b>Blood Cancers Group (H)</b>                      6:30 - 8:00pm <b>Art Therapy: Doodle Gallery (H)</b></p>	<p>12</p> <p>10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b></p>
<p>15</p> <p>9:30 - 10:30am <b>Gentle Yoga (V)</b>                      6:15 - 7:15pm <b>Yoga Flow (C)</b></p>	<p>16</p>	<p>17</p> <p>12:30 - 1:45pm <b>Improv for Life™ (V)</b>                      5:00 - 6:00pm <b>New Member Meeting (V)</b></p>	<p>18</p> <p><b>Clubhouse Closed</b>  <b>GCMN Gala</b></p>	<p>19</p> <p>10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b></p>
<p>22</p> <p>9:30 - 10:30am <b>Gentle Yoga (V)</b>                      6:30 - 8:00pm <b>Living with Chronic Cancer Group (H)</b></p>	<p>23</p>	<p>24</p> <p>12:30 - 1:45pm <b>Improv for Life™ (V)</b></p>	<p>25</p> <p>3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>                      6:30 - 7:30pm <b>Understanding Estate Planning for Parents &amp; Guardians (H)</b>                      6:30 - 8:00pm <b>Art Therapy: Doodle Gallery (H)</b></p>	<p>26</p> <p>10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b></p>
<p>29</p> <p>9:30 - 10:30am <b>Gentle Yoga (V)</b></p>	<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>

**ALL OUR PROGRAMS ARE OFFERED FREE OF CHARGE.**

*Registration is required for all classes and monthly groups. To register visit [www.GildasClubMN.org](http://www.GildasClubMN.org) or the My Gilda's Club Twin Cities app. Please see program staff for weekly support group placement.*

**Calendar Key**

**Program Areas** ●Support Groups ●Education Sessions ●Healthy Lifestyle Classes ●Social Opportunities ●Children, Teen & Family Programs ●Outside Groups

**Location** (V) - Virtual, Zoom only (H) - Hybrid, Zoom and in-person (C) - Clubhouse, in-person only (GO) - Gilda on the Go, in the community - see flyer for location

Please note all groups and classes are subject to change to ensure community safety. All changes will be posted live online.

10560 Wayzata Blvd, Minneapolis, MN 55305 | [info@GildasClubMN.org](mailto:info@GildasClubMN.org) | [www.GildasClubMN.org](http://www.GildasClubMN.org) to learn more



**GILDA'S CLUB MINNESOTA**  
 An Affiliate of the CANCER SUPPORT COMMUNITY

# May

**Gilda's Club Minnesota**

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	2 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	3 9:00 - 10:00am <b>Coffee Talk (V)</b> 10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b>
6 9:30 - 10:30am <b>Gentle Yoga (V)</b>	7 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	8 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	9 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 4:00 - 5:00pm <b>Blood Cancers Group (H)</b>	10 10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b>
13 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:15 - 7:15pm <b>Yoga Flow (C)</b> 6:30 - 8:00pm <b>Brain Tumor Support Group (H)</b>	14	15 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 5:00 - 6:00pm <b>New Member Meeting (V)</b> 6:00 - 7:30 pm <b>Newly Diagnosed Social Support (V)</b>	16 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	17 10:00 - 11:00am <b>Tai Chi &amp; Qigong (V)</b>
20 9:30 - 10:30am <b>Gentle Yoga (V)</b>	21 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	22 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	23 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	24
27 <b>Clubhouse Closed Memorial Day</b>	28	29 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	30 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b>	31

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**GILDA'S CLUB MINNESOTA**  
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**CANCER SUPPORT COMMUNITY**

# June

**Gilda's Club Minnesota**

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 - 10:30am <b>Gentle Yoga (V)</b>	<b>4</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b>	<b>5</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	<b>6</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 5:00 - 6:30pm <b>Food for Life 1/4 (V)</b> 6:30 - 8:00pm <b>Art Therapy: Meandering Pocket Book (H)</b>	<b>7</b> 9:00 - 10:00am <b>Coffee Talk (V)</b>
<b>10</b> 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00pm <b>Brain Tumor Support Group (H)</b>	<b>11</b> 2:30 - 3:45 <b>Integrative Health for Cancer (H)</b>	<b>12</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	<b>13</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 4:00 - 5:00pm <b>Blood Cancers Group (H)</b> 5:00 - 6:30pm <b>Food for Life 2/4 (V)</b> 7:00 - 8:30pm <b>MN FORCE (H)</b> 6:30 - 8:00pm <b>Art Therapy: Meandering Pocket Book (H)</b>	<b>14</b>
<b>17</b> <b>Clubhouse Closed Juneteenth</b>	<b>18</b> 5:30 - 6:30pm <b>Candlelight Yoga (V)</b> 6:00 - 7:30pm <b>Newly Diagnosed Social Support (V)</b>	<b>19</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b> 5:00 - 6:00pm <b>New Member Meeting (V)</b>	<b>20</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 5:00 - 6:30pm <b>Food for Life 3/4 (V)</b> 6:30 - 8:00pm <b>Art Therapy: Meandering Pocket Book (H)</b>	<b>21</b>
<b>24</b> 9:30 - 10:30am <b>Gentle Yoga (V)</b> 6:30 - 8:00pm <b>Living with Chronic Cancer Group (H)</b>	<b>25</b>	<b>26</b> 12:30 - 1:45pm <b>Improv for Life™ (V)</b>	<b>27</b> 3:00 - 5:00pm <b>Art Therapy: Nervous System Reboot (V)</b> 5:00 - 6:30pm <b>Food for Life 4/4 (V)</b>	<b>28</b>

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## Gentle Yoga - Online with Betty Christensen

***Mondays from 9:30 - 10:30am***

***No occurrence June 17***

This gentle, slow-paced, and relaxing practice focuses on stretching and strengthening all areas of your body. At the end of class, a restorative yoga pose and a guided meditation will help further release stress and tension and restore your mind, body, and spirit.

**Suggested Props:** yoga mat, water

**Optional:** bolster, 2 blocks, blanket, and a strap

## Candlelight Yoga - Online with DeAnn Hoff

***Every 1st and 3rd Tuesday from 5:30 - 6:30pm***

***(May 7 & 21, June 4 & 18)***

***No occurrences in April***

Show yourself a little loving kindness by joining us for this special practice of slowly flowing deep stretches, mindful connection to the breath, and restorative postures followed by guided meditation.

## Beginner Tai Chi & Qigong - Online with Marie Mathay

***Fridays through May 17 from 10:00 - 11:00am - New day & time***

***No occurrence April 12***

For centuries, the Chinese have recognized the beneficial effects of Tai Chi and Qigong to improve health and wellbeing. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient healing exercises based on Traditional Chinese Medicine.

Experience the calming harmony of balancing body, mind, and breath. No experience is necessary. Everyone is welcome!

RSVP for all classes and programs at [GildasClubMN.org](https://GildasClubMN.org), on the My GCTC app, or by emailing [info@GildasClubMN.org](mailto:info@GildasClubMN.org)  
All classes and programs are offered FREE of charge.



## **Improv for Life™ - Online with Jenni Lilledahl**

**Online: Wednesdays from 12:30 - 1:45pm**

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness, and, of course, some laughter. No experience is necessary and all are welcome!

## **Food For Life: Cancer Prevention and Survival - Online with Jill Erickson**

**Thursdays, February 22 - March 14 from 6:30 - 8:00 pm - *New day***

### **4-class Series**

This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. In this four-class series, you will learn about food choices that can help reduce the risk of developing cancer as well as manage the disease after it has been diagnosed. These classes are ideal for individuals in post-treatment and their family and friends, as well as those looking to prevent cancer. Individuals in treatment are welcome to attend but encouraged to follow their healthcare team's diet recommendations. Attendees should plan on attending and registering for all 4 classes.

*In partnership with Rooted Green Wellness.*

*\*Series are offerings with multiple sessions that build upon the previous weeks. It is beneficial to attend each session. Please sign up for series in which you are available for each class. To sign up for workshops, click the "Workshop" tab!*

**\*Attending all sessions is required for Food for Life and Gifts of Gratitude.**

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## Social Opportunities April - June 2024



Go back to:

[April](#)

[May](#)

[June](#)

### **Coffee Talk - Online with Gilda's Club Staff**

***Every 1st Friday of the month from 9:00 - 10:00 am***

Looking for a chance to informally connect with other members? Join in online Coffee Talk! If inspired, you are welcome to share a poem, a quote, a joke, or anything else that inspires you with the group. All are welcome! So grab a cup o' joe (or tea and a tasty treat) and connect!

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Follow us online: [!\[\]\(ab4e2b3fc7e7887b7a72f548aa6f5e60\_img.jpg\) /GildasClubMN](#)

[!\[\]\(104fbf564e2e5a8fbd84f31656d114c7\_img.jpg\) @Gildas\\_Club\\_MN](#)



NEW

## **Understanding Estate Planning for Parents and Guardians- In-person and Online with Daniel Reiff**

**Thursday, April 25 from 6:30 - 7:30 pm**

This hybrid class will cover estate planning for people with children under the age of 18. Minors have particular needs that are not covered in typical estate planning practices, and in this session, estate planning attorney Daniel Reiff will focus on how to protect the physical, monetary, and emotional needs of minor children.

NEW

## **Integrative Health for Cancer - In-person and Online with Dr. Katherine Todd**

**Tuesday, June 11 from 2:30 - 3:45 pm**

This presentation by Dr. Katherine Todd will focus on areas of cancer care for which integrative healing practices are most often utilized: stimulating the immune system, improving life balance, and managing side effects of cancer and cancer treatments. Dr. Todd, who has a specialty in Integrative Health and Healing from the University of Minnesota, will discuss the life applications of "a comprehensive, evidence-based approach to cancer care that addresses all participants at all levels of their being and experience." The topics discussed in this session could help anyone facing cancer, in survivorship, or in care by improving tolerance of treatment therapies, optimizing control of primary symptoms, and improving overall quality of life.

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## Art Therapy

### **Art Therapy: Nervous System Reboot - Online with Zoe Johnson, MA**

**Every Thursday from 3:00 - 5:00 pm**

**No session April 18**

Join this weekly mindfulness workshop, blending yogic meditation with intuitive art, designed to provide a nourishing and restorative experience. No prior art or yoga skills are needed! These sessions are grounded in the latest neuroscience, offering a nurturing space to tap into your inner wisdom, process emotions, and discover personal strengths. This workshop is perfect for anyone in the Gilda's community, whether you're navigating a diagnosis, caregiving, in or post-treatment, or grieving. The meditation portion is practiced while seated or lying down, not requiring physical movement, while the art portion can be enjoyed from a desk or table. This virtual workshop is accessible online via Zoom, allowing participation from the comfort of your home.

### **Art Therapy Series: Doodle Gallery - In-person and Online with Karie Amstutz, LMFT, ATR**

**Thursdays, April 4, 11, & 25 from 6:30 - 8:00 pm**

Art is not always about landscapes and portraits! Join us and make doodles suitable for framing, keeping in mind that doodling is not about perfection. You are invited to exhibit your completed doodles on the Gilda's Club Minnesota Art Gallery wall.

### **Art Therapy Series: Meandering Pocket Book - In-person and Online with Karie Amstutz, LMFT, ATR**

**Thursdays, June 6, 13, & 20 from 6:30 - 8:00 pm**

Create an accordion book with a variety of art techniques including painting, folding, and sewing - all with paper. This book project is perfect for a mind that meanders and thinks differently!

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## Open Monthly Groups

### **Brain Tumor Monthly Support Group - In-person and Online with Annie Stone, MA, LMFT**

**Every 2nd Monday of the month from 6:30pm - 8:00 pm**

**(April 8, May 13, June 10)**

This monthly drop-in meeting is for adult patients and caregivers impacted by brain tumors (primary or metastasized). Attendees will share their experiences and can learn firsthand how others manage side effects, symptoms, and the day-to-day of cancer.

### **Newly Diagnosed Social Support - Online with Dr. Tasha Carlson**

**April 10, May 15, and June 18 from 6:00 - 7:30 pm**

Have you just been diagnosed with cancer in past few months? Do you feel like a deer in headlights? Is your head swimming with the possibilities and the meaning of it all? This monthly group will give you some support. Come normalize your situation by talking to others in a similar situation, validate the feelings you are having, and hopefully leave with less anxiety.

### **Living with Chronic Cancer Monthly Support Group - In-person and Online with Annie Stone, MA, LMFT**

**Every 4th Wednesday of the month from 6:30 - 8:00 pm**

**(April 22, June 24)**

**No occurrence May 27**

This monthly drop-in group is meant for members who do not feel the need to attend one of our weekly Living with Cancer groups, but need some support around living their life with the chronic condition of cancer. Members are welcome to attend intermittently or every month for a chance to talk to others in a similar life situation.

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## New Member Meeting



Behind the red doors of Gilda's Club is a welcoming community, a place of support for anyone dealing with cancer and its effects. Whether you are living with cancer, moving into post-treatment, a caregiver, or have lost someone to cancer, our program has something for you.

During a New Member Meeting, you will get the opportunity to connect with other new members while learning about the history of Gilda's Club Minnesota, our organization's mission, tips for getting started, and our five-part supportive programming:

1. Support
2. Healthy Lifestyles
3. Education
4. Social Opportunities
5. Information & Referral

And...Children, Teen & Family offerings

New Member Meetings occur both in-person and online via Zoom. Visit [GildasClubMN.org/New-Member-Meeting-Sign-Up](https://GildasClubMN.org/New-Member-Meeting-Sign-Up) to get started!

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